



What is Dialectical Behavior Therapy?

Dialectical Behavior Therapy (DBT) is a type of psychotherapy developed over 20 years ago by Dr. Marsha Linehan, a psychologist who faced her own mental health issues. DBT was originally developed to provide cognitive behavioral treatment to chronically suicidal individuals diagnosed with borderline personality disorder. However, it has also been shown to be effective in treating a wide range of other disorders such as depression, post-traumatic stress disorder (PTSD), substance abuse and eating disorders. DBT is often the treatment of choice for individuals who have high-risk, tough-to-treat conditions or who are seeking treatment for multiple diagnoses.



CONTACT Us

TODAY

Dialectical Behavior Therapy can be an effective treatment method for a variety of disorders and behavioral health challenges. If you feel the DBT program would benefit you, please feel free to either call us or come to our center in High Point on any day of the week (Monday - Friday) between the hours of 8:00 am and 3:00 pm:

RHA Health Services
Dialectical Behavior Therapy
211 S. Centennial St.
High Point, NC 27260
Phone: (336) 899-1505
Fax: (336) 899-1513

We will do a clinical assessment and work with you to determine if our DBT program is the best option for your treatment needs. For more information, please call us today!



Dialectical Behavior Therapy is provided by RHA Health Services. Through its behavioral health programs, RHA impacts the lives of over 12,000 individuals across North Carolina and has been helping people living with mental health and substance use/addiction needs since 2005. To learn more, please visit us @ www.rhabebehavioralhealth.org.



DIALECTICAL BEHAVIOR THERAPY

Psychotherapy & Cognitive Behavioral Treatment

*"Creating a life
worth living!"*
- Dr. Marsha Linehan

Emotions Out Of Control?

Feeling Depressed?

Experiencing Suicidal Thoughts?

**Want To Change Behaviors That Are
Negatively Impacting Your Life?**

We Can Help.



How Can DBT Help Me?

RHA Dialectical Behavior Therapy offers a program built around the following principles:

- **Mindfulness:** the practice of being fully aware of self and others in the present moment
- **Distress Tolerance:** how to tolerate pain in difficult situations, rather than using unhealthy, problematic behaviors to deflect or avoid pain
- **Interpersonal Effectiveness:** how to ask for what you want, navigate conflict and say “no” to others while maintaining self-respect and healthy relationships
- **Emotion Regulation:** how to change emotions that you want to change and find healthier ways to cope with and respond to strong emotions

DBT is a unique outpatient program that can help participants overcome the urge to engage in self-destructive behaviors in response to powerful emotions and stressful life situations. Participants may experience fewer hospitalizations and be less likely to drop out of treatment. Because we focus on identifying and building on your own strengths throughout the course of treatment, you may also experience improved self-esteem and stronger, healthier relationships as a result of participating in the program.



How Does DBT Work?

The RHA Dialectical Behavior Therapy program consists of 3 major components:

- 1) Individual Therapy
- 2) Skills Training Group Sessions
- 3) Phone Coaching

Individual Therapy - DBT participants meet face-to-face once a week with their therapist who has DBT training. Together, you and the therapist will develop a service plan that outlines your goals for treatment.

Skills Training Group - this group meets every Monday from 10:00 am to 12:00 noon at our High Point center. The goal of these sessions is to help participants build and practice the coping skills needed not only to manage mental health symptoms but also to face life challenges in general. DBT skills training is designed around the principles outlined above: mindfulness, distress tolerance, interpersonal effectiveness and emotional regulation. Practicing healthy behaviors and emotional responses in a supportive, non-judgmental social setting will help give the confidence needed to exercise these skills in other areas of life. In fact, DBT group leaders use the “life skills” learned in these sessions to overcome challenges in their own lives.

Phone Coaching - Between individual therapy appointments and skills training group sessions, a therapist is available to you over the phone with DBT phone coaching. If you feel the need for support in exercising the skills learned in DBT sessions, phone coaching allows you to have brief conversations about how to use your new coping skills in managing mental health symptoms or dealing with whatever challenges you are currently facing.

Why Diary Cards?

Diary cards are an important part of both DBT individual therapy and the DBT skills training group. Participants fill out these cards themselves, recording their own emotions, urges, behaviors and skills. When completed on a daily basis, diary cards can assist you not only in strengthening your coping/“life” skills learned in DBT but they may also help you to clearly identify the behaviors that are causing so much difficulty in your life. Once these problematic behaviors have been identified, they can be targeted for healthy change. You can begin to understand how different situations and life circumstances have triggered the behavioral responses you would like to change and what steps you can proactively take to make these positive changes.



Am I Ready For Change?

YES, I AM!

